

What is the treatment for nerve damage from diabetes?

The treatment for nerve damage from diabetes is based on your symptoms. No treatment can reverse nerve damage; however, it can help you feel better. Your doctor might suggest taking low doses of medicines that both treat other health problems and help the pain of neuropathy. Some of these medicines include

- **antidepressants**
- **anticonvulsants**, or anti-seizure medicines

Other treatment options include

- creams or patches on your skin for burning pain
- over-the-counter pain medicines
- **acupuncture**, a form of pain treatment that uses needles inserted into your body at certain pressure points

- physical therapy, which helps with muscle weakness and loss of balance
- relaxation exercises, such as yoga
- special shoes to fit softly around sore feet or feet that have changed shape

Your doctor also can prescribe medicines to help with problems caused by nerve damage in other areas of your body, such as poor digestion, dizziness, sexual problems, and lack of bladder control.

Stopping smoking and drinking alcoholic beverages also may help with symptoms.